

## **Tips for an Exceptional, Superb & Powerful Life**

- 1.) Take a 10-30 minute walk every day; and while you walk, smile...it is the ultimate antidepressant.
- 2.) Sit in silence for at least 10 minutes each day. Buy a lock if you have to.
- 3.) Buy a Tivo (DVR), tape your late night shows and get more sleep.
- 4.) When you wake up in the morning complete this statement, 'My purpose is to\_\_\_\_\_today.'
- 5.) Live with the 3 E's -- Energy, Enthusiasm, and Empathy.
- 6.) Play more games and read more books than you did last year.
- 7.) Always pray and make time to exercise.
- 8.) Spend more time with people over the age of 70 and under the age of six.
- 9.) Dream more while you are awake.
- 10) Eat more foods that grow on trees and plants, and eat fewer foods that are manufactured in plants.
- 11) Drink green tea and plenty of water. Eat blueberries, wild Alaskan salmon, broccoli and almonds.
- 12) Try to make at least three people smile each day.
- 13) Clear the clutter from your house, car and desk, and let new and flowing energy into your life.
- 14) Don't waste your precious energy on gossip, energy vampires, issues of the past, negative thoughts or things you cannot control. Instead, invest your energy in the positive present moment.
- 15) Realize that life is a school and you are here to learn. Problems are simply part of the curriculum that appear and fade away like algebra class...but the lessons you learn will last a lifetime.
- 16) Eat breakfast like a king, lunch like a prince and dinner like a college kid with a maxed-out charge card.
- 17) Smile and laugh more. It will keep the energy vampires away.
- 18) Life isn't always fair, but it's still good.

- 19) Life is too short to waste time hating anyone.
- 20) Don't take yourself so seriously. No one else does.
- 21) You don't have to win every argument. Agree to disagree.
- 22) Make peace with your past so it won't screw up the present.
- 23) Don't compare your life to others'. You have no idea what their journey is all about.
- 24) Ladies - Go on and burn those 'special' scented candles, use the 600 thread count sheets, the good china, and wear your fancy lingerie now. Stop waiting for a special occasion. Every day is special.
- 25) No one is in charge of your happiness except you.
- 26) Frame every so-called disaster with these words: 'In five years, will this matter?'
- 27) Forgive everyone for everything.
- 28) What other people think of you is none of your business.
- 29) Time heals almost everything. Give time, time!
- 30) However good or bad a situation is, it will change.
- 31) Your job won't take care of you when you are sick. Your friends will. Stay in touch with them.
- 32) Get rid of anything that isn't useful, beautiful or joyful.
- 33) Envy is a waste of time. You already have all you need. God provides, remember?!
- 34) The best is yet to come.
- 35) No matter how you feel, get up, dress up and show up.
- 36) Do the right thing!
- 37) Call your family often.
- 38) Each night before you go to bed complete the following statements:  
'I am thankful for \_\_\_\_\_.' 'Today I accomplished \_\_\_\_\_.'
- 39) Remember that you are too blessed to be stressed.

40) Enjoy the ride. Remember that this is not Disney World and you certainly don't want a fast pass. You only have one ride through life, so make the most of it and enjoy the ride.